

### Recipe of the Week 3

#### Chicken and sweet pepper pasta melt

The Chicken sweet pepper pasta melt is a very quick and easy meal to make for lunch, dinner or a lunch box to continually graze on throughout the day. The meal is high in low glycaemic (slow release) carbohydrates to provide you with a steady release of energy throughout the day, protein to repair damaged muscle tissue and vitamin C improve health and help prevent illness.

Tip: Add a variety of vegetables (e.g. onions, mushrooms, sweet corn...) to increase the variety of vitamins in the dish to fuel performance.



#### Ingredients

1 tea spoon of olive oil  
4 lean chicken breasts (sliced)  
1 small red pepper (deseeded and sliced)  
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100g tomato based pasta sauce (low fat)  
250g penne pasta

**Serves: 2 – 4**

**Preparation time: 5-minutes**

**Cooking time: 10-minutes**

#### Method

1. Heat the oil in a large frying pan, add the chicken strips and cook for approximately 3 minutes until sealed on all sides.
2. Add the peppers and cook for a further 3-4 minutes.
3. Meanwhile, bring a large pan of water to the boil, add the pasta and bring to the boil.
4. Reduce the heat and boil uncovered for 12 minutes, stirring occasionally. Drain well and return to the pan.
5. Add the chicken and peppers to the pasta, then pour in the tomato and basil sauce and heat through gently stirring all the time.
6. Season to taste and serve immediately with a crisp green salad.

#### Each serving contains

Energy (kcal) – 346  
Carbohydrates – 46.8g  
Protein – 28.2g  
Fat – 4g (1g saturated)

(Adapted from Sainsbury's.co.uk, 2009)

